



REVIEW ARTICLE

# A comprehensive review on various yogas of suryaprabha gulika: a herbo-mineral preparation

Anand S<sup>1</sup>, Anitha M<sup>2</sup>

<sup>1</sup>Associate Professor, Department of Rasashastra and Bhaishajya Kalpana, Government Ayurveda Medical College, Thiruvananthapuram, Kerala 695001

<sup>2</sup>PG Scholar (2022), Department of Rasashastra and Bhaishajya Kalpana, Government Ayurveda Medical College, Thiruvananthapuram, Kerala 695001

\*Email: [anitha9504@gmail.com](mailto:anitha9504@gmail.com)

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## Abstract

*Rasaushadhis* are a group of drugs consisting of herbs, metals, and minerals that have substantial advantages over traditional medicines, including lower therapeutic doses, faster action, and a wider range of therapeutic uses. *Suryaprabha gulika* is a herbo-mineral preparation mentioned in a classical Malayalam Ayurvedic treatise, *Sahasrayogam*. It contains *parada, gandhaka, hingu, amalaki, harithaki, vibheethaki, sunti, pippali, maricha, yavani* and *vatsanabha*. This formulation is indicated in various diseases like *swasa, kasa, sula* and *jwara* and is widely used in the management of respiratory tract infections associated with fever by Ayurveda medical practitioners in Kerala. There are five references available for this formulation in different classical Ayurvedic textbooks in different *prakaranas*. This paper is a review article on *Suryaprabha gulika* which mainly comprises a comparison of different *yogas* of the formulation with respect to the ingredients, indications and dose with special reference to the probable mode of action of *yoga* mentioned in *Sahasrayogam*.

## Introduction

In the Medieval era, alchemy was a branch of chemistry that was explored in an effort to find new ways to turn base metals into gold. This method was employed for many years and yielded several important discoveries in the alchemy field. In India, alchemy was first practised to create a potion of life that would grant immortality and later to transmute common metals into gold. Then, in the advanced ages, all of the acquired alchemical knowledge was applied practically, leading to the development of a variety of mercury and other metal preparations that served as useful medical accessories. The focus has been on herbs and their therapeutic use in traditional Ayurveda. In due course, Ayurvedic practitioners began to favour animal products, metals, and minerals since they are potent and extremely beneficial for illness prevention, rejuvenation, and immunisation. *Rasashastra* is a branch of Ayurveda that focuses on the purification of various metals, minerals, and other compounds, such as mercury, and the coupling of these substances with suitable herbs in the right proportions to alleviate disease.

*Rasaushadhis* or mercurial preparations are said to be superior to all other therapies because of the low dosage, absence of distaste and faster restoration of health. The mercurial medicines are generally administered in small doses but have a wide range of therapeutic activity and yet get assimilated fast. This system is found to be extremely supreme as these medicines can be given even for incurable diseases.<sup>[1]</sup> *Suryaprabha gulika* is one such mercurial preparation which is having wide range of therapeutic applications primarily utilised by Ayurvedic practitioners nowadays. This formulation is included under *Khalviya rasayana* in which mercury is ground along with other drugs in a *kharala* or *khalwa* (mortar and pestle). The *yoga* which is mentioned in *Gulika prakarana* of *Sahasrayogam* is currently in use. This formulation is indicated in *sula*, *jwara*, *swasa* and *kasa*. Apart from this *yoga*, there are other references available in different *prakaranas* such as *Udara roga chikitsa* of *Rasaratna samuchaya*, *Rajayakshma* and *Sula chikitsa* of *Yogaratanakara*, *Vatavyadhi chikitsa* of *Brihat Rasaraja sundara* respectively with difference in ingredients, indications, dose etc. This article aims to compare these *yogas* thereby giving a critical review on different aspects of these references along with the probable mode of action of reference mentioned in *Sahasrayogam*.

## Methodology

All available information about *Suryaprabha gulika* was gathered through an electronic search as well as a library search of peer-reviewed academic articles. A hand search of classical *Ayurveda* textbooks such as *Sahasrayogam*, *Rasaratna samuchaya*, *Yogaratanakara*, *Brihat Rasaraja Sundara* and relevant other textbooks of different disciples was also carried out.

Here is an attempt to understand the overview of different *yogas* of *Suryaprabha gulika* mentioned in different classical *Ayurvedic* textbooks.

## Results and Discussion

The table below enlists the different *yogas* of *Suryaprabha gulika* available in different *prakaranas* comprising the details of ingredients, liquid media for the trituration, dose and indications of the corresponding *yogas*.

*Suryaprabha gulika* is a *khalviya rasayana*, a mode of preparation in which mercury is ground along with other drugs in a *khalwa* (mortar) mentioned in *Sahasrayogam* containing 11 ingredients such as *sodhitha parada* (mercury), *sodhitha gandhaka* (sulphur), *sodhitha hingu* (oleo gum resin of *Ferula foetida*), *amalaki* (*Embolia officinalis*), *harithaki* (*Terminalia chebula*), *vibheethaki* (*Terminalia bellerica*), *sunti* (*Zingiber officinale*), *pippali*

(*Piper longum*), *maricha* (*Piper nigrum*), *yavani* (*Trachyspermum ammi*) and *sodhitha vatsanabha* (*Aconitum ferox*). This *yoga* is currently used by the Ayurvedic practitioners. Ingredients such as *parada*, *gandhaka*, *hingu* and *vatsanabha* should be subjected to proper purificatory procedures as per classical references otherwise it may impart unwanted effects while administering the medicine. Consumption of impure mercury may cause *kushtadi rogas* or the death of an individual. Therefore, only the purified mercury should be used for all pharmaceutical preparations as it helps to remove the *naisargika*, *yougika* and *kanchuka doshas* of *parada*. Consumption of impure *gandhaka* results in *chitta vyakulatha* (delirium), *raktha vikritjanya roga* (diseases of *pitha* and *raktha dosha*) and ruins calmness of the mind (*mana prasannatha*), physical appearance (*surupata*), body radiance (*prabha*) and physical strength (*bala*). *Asuddha sevana vikaras* of *vatsanabha* include *moha* (syncope), *daha* (acute burning sensation all over the body), *hritgatirodha* (cardiac arrest) which eventually lead to the death of the individual. *Hingu* if consumed without proper *sodhana*, can cause *utkleda* (nausea). Hence it is necessary to perform *bharjana* (frying) of the resin in an equal quantity of ghee by which it becomes crunchy. It is essential to ensure the proper purification of these ingredients before their use in the formulations. <sup>[21, 22, 23, 24, 25]</sup>

A general method for the preparation of *Suryaprabha gulika* involves the *mardana* (grinding) of *sodhitha parada* and *sodhitha gandhaka* in equal quantities to form *kajjali* until *kajjali siddha lakshanas* like *varitaratwa*, *rekhapurnatwa*, *slakshnatwa*, *unama* and *nischandratwa* are attained followed by *bhavana* (levigation) of a mixture of *kajjali* and fine powders of other ingredients taken in equal quantities except for *vatsanabha* in 1/16<sup>th</sup> of total quantity in a *khalwa yantra* by adding sufficient quantity of *jambheera swarasa* (Juice of *Citrus Limon*) as *bhavana dravya* till the mass attains pill rolling consistency. Then the pills of the desired size and shape are rolled about the weight of *gunja beeja* (*Abrus precatorius*) which is approximately 125mg.

On analysis of therapeutic properties of the ingredients it is found that the majority of the constituents have predominance of *katu rasa*, *laghu ruksha tikshna guna* and *ushna virya* that corresponds to the *dipana* (carminative), *pachana* (improves digestion or metabolism) and *ama dosha nirharana* nature of the formulation. This *yoga* is predominantly *kapha vata samana* and causes *srotosodhana* (opens up the metabolic pathways). The indications mentioned in *yoga* such as *swasa*, *kasa* and *jwara* are primarily caused by the *doshas* localised in the *amasaya*, an important seat of *kapha* and *agni*. *Doshas*

Table No 1: Different yogas of Suryaprabha gulika <sup>[2,3,4,5,6]</sup>

Sl. No	Prakarana	Ingredients	Bhavana dravya	Dose of gulika	Indications
1	Sahasrayogam -Gulika prakarana	<p>Suddha parada Suddha gandhaka Suddha hingu Amalaki Harithaki Vibheethaki Sunti Pippali Maricha Yavani Suddha vatsanabha</p>	Jambeera swarasa	1 Gunja (125mg)	<p>Sula Kasa Swasa Mahajwara</p>
2	Rasaratna samuchaya - Udara roga	<p>Bharngi Vahni Jayanthi Abhraka bhasma Kadali kanda Pata Vacha Gorochana Chavya Patra Suddha chithraka Sunti Pippali Maricha Sarjakshara Yavakshara Suddha gandhaka Trayanthi Sudha parada Nagakesara Visha dwaya Lavanga Kushta Sallaphala Amalaki Hareethaki Vibheethaki Samudraphena Brahmi beeja Lata kasthuri Bala bilwa Viroodaka Saindhava lavana Samudra lavana Bida lavana Sauvarchala lavana Aurbida lavana Jatyadi pushpashtaka</p>	Eranda taila		Agni deepana

3	Yogaratnakara - Rajayakshma	<p><i>Darvi</i>  <i>Sunti</i>  <i>Pippali</i>  <i>Maricha</i>  <i>Vidanga</i>  <i>Suddha chithraka</i>  <i>Vacha</i>  <i>Peetha</i>  <i>Karanja</i>  <i>Amritha</i>  <i>Devahwa</i>  <i>Ativisha</i>  <i>Trivrut</i>  <i>Katuka</i>  <i>Kusthumburu</i>  <i>Karavi</i>  <i>Sarjakshara</i>  <i>Yavakshara</i>  <i>Lavanatraya</i>  <i>Gajakana</i>  <i>Chavya</i>  <i>Pushkara</i>  <i>Talisa</i>  <i>Kanamula</i>  <i>Pushkarajata</i>  <i>Bhunimba</i>  <i>Bharngi</i>  <i>Padmaka</i>  <i>Jeera</i>  <i>Kosha</i>  <i>Kutaja</i>  <i>Danti</i>  <i>Bhadraka</i>  <i>Suddha silajathu</i>  <i>Suddha guggulu</i>  <i>Loha bhasma</i>  <i>Tapy bhasma</i>  <i>Subhrasikata</i>  <i>Vamshi</i>  <i>Trisugandhi</i></p>	Lehana dravya – kshoudra, ghritha	1 suvarna (12g)	<p><i>Sosha</i>  <i>Kasa</i>  <i>Urakshata</i>  <i>Tamaka swasa</i>  <i>Pandu</i>  <i>Kamala</i>  <i>Gulma</i>  <i>Vidradi</i>  <i>Parswasula</i>  <i>Udara</i>  <i>Sreeshu kshaya</i>  <i>Krimi</i>  <i>Kushta</i>  <i>Arsas</i>  <i>Vishamajwara</i>  <i>Grahani</i>  <i>Mutragraha</i></p>
4	Yogaratnakara - Sula	<p><i>Sunti</i>  <i>Pippali</i>  <i>Maricha</i>  <i>Granthi</i>  <i>Vacha</i>  <i>Agni</i>  <i>Suddha hingu</i>  <i>Jarana dwaya</i>  <i>Suddha vatsanabha</i></p>	Nimbu swarasa Ardraka swarasa	1 maricha prama-na	Ashtavidha sula

5	Brihat Rasaraja Sundara - Vatavyadhi	<p>Sudha chithraka Amalaki Harithaki Vibheethaki Nimba Patola Madhuyashtika Varanga Kesara Yavani Amlavetasa Bhunimba Darvi Ela Musta Parpata Tuthaka Katuka Bharngi Chavya Padmaka Dipyaka Pippali Maricha Danti Sati Sunti Pushkara Vidanga Pippalimula Jeeraka Devadaru Patraka Devadaru Kutaja Rasna Duralabha Amritha Trivrut Lata kashthuri Suddha bhallathaka Talisa Vrikshamla Lavanatraya Dhanyaka Ajamoda Karavi Makshika bhasma Jatiphala Tugaksheeri Vajigandha Dadima Kankola Usheera Sarjakshara Yavakshara Renuka Girija Suddha guggulu Loha bhasma Sita Ghritha Kshoudra</p>		1 panithala matra (12g)	<p>Urusthamba Vataroga Ardita Gridhrasi Vidradi Sleepada Gulma Pandu Haleemaka Panchakasa Mutrakrichra Galagraha Anaha Asmari Vardhma Grahani Apabahuka Arochaka Parswasula Udara Bhagandhara Hridroga Sula Utkampa Vishamajwara Urakshata Mukharoga Prameha Rakthapitha Vataraktha Kamala Agni sandipana Hridya Deergha ayu – Pushtida</p>
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**Table No 2:** *Rasa panchaka* of the ingredients in *Sahasrayogam*<sup>[7-20]</sup>

Ingredients	Rasa	Guna	Virya	Vipaka	Karma
Parada	Shadrasa	Snigda, Sara	-	-	Tridosahara, Yogavahi, Vrishya, Sakamalayajit, Dhathu vardhana, Budhikrit, Sarvakushtahara, Ojovradhana, Drishti balaprada
Gandhaka	Katu / Katu tikta	Sara	Ushna	Katu	Kapha vatasamana, Dipana, Pachana, Atirasayana, Amanashana, Vishahara, Krimihara, Sutendraviryaprada
Hingu	Katu	Tikshna	Ushna	Katu	Vata kapha samana Anulomana, Dipana, Hridya, Krimighna, Pachana, Ruchya
Amalaki	Lavana varjitha pancharasa	Laghu, Ruksha	Sita	Madhura	Tridosha samana, Cakshushya, Rasayana, Vrishya, Rakthapitha pramehaghna
Harithaki	Lavana varjitha pancharasa	Laghu, Ruksha	Ushna	Madhura	Sarvadosha prasamana, Dipana, Medhya, Rasayana, Chakshushya, Ayushya, Brimhana, Anulomana,
Vibhithaki	Kashaya	Laghu, Ruksha	Ushna	Madhura	Kapha pithanut, Bhedana, Kasanashana, Netrahitha, Krimi vaisvryanashana,
Sunti	Katu	Laghu, Snigda	Ushna	Madhura	Kapha vatasamana, Ruchya, Amavataghna, Pachana, Vibandhanut, Vrishya, Svarya, Vami swasa sula kasasamana, Sleepada sotha Anaha udaranashana
Pippali	Katu	Laghu, Snigda	Anushna	Madhura	Kapha vatasamana, Dipana, Vrishya, Rasayana, Rechana, Swasa kasa udara jwarasamana
Maricha	Katu	Tikshna, Ruksha	Ushna	Katu	Kapha vatasamana, Dipana, Pithakara, Swasa sula krimihara,
Yavani	Katu tikta	Laghu, Tikshna	Ushna	katu	Vata sleshmahara, Pachana, Ruchya, Dipana, Pithala, Sukra sulahrit, Udara Anaha Gulma Pleeha kriminashana
Vatsanabha (Shodhitha)	Katu tikta kashaya	Laghu, Ruksha, Tikshna, Vyavayi, Vikashi, Sukshma	Ushna		Tridoshaghna, Viseshena vata balasanut, Yogavahi, Rasayana, Dipana, Agmimandya prasamana, Swasa Kasahara, Jwarahara, Netrarogahara, Kushtaghna, Sulanirmulana, Phuphusa sothaghna, Balya
Jambeera	Amla	Guru	Ushna	Amla	Vata sleshmahara, Vibandhanut, Amadoshajit, Sula swasa kasa chardi trishnahara, Agnimandiyahara, Krimighna

aggravated by the *nidanas* by virtue of residing in the *amasaya*, destroy the *agni* which is responsible for the digestive activity, combines with the undigested or improperly processed metabolites (*ama*), obstruct the passages (*rasavaha* and *swedavaha srotas*) extradicts the *agni* from the site of digestion and spreads all over the body resulting in *jawara*.<sup>[26]</sup> Both *swasa* and *kasa* are the diseases affecting *pranavaha srotas* having identical etiological factors and site of origin. Due to excessive indulgence in *nidanas*, the *doshas* predominantly *kapha* get vitiated in the *amasaya* move upwards, obstruct the channels of *vata* (*prana*) and get localised (*sthanasamsraya*) in the *uras* (thorax) which is considered to be the special seat of *kapha*. Thus, obstructed *vata* trying to overcome the obstruction travels in all directions resulting in *swasa* and *kasa rogas*.<sup>[27, 28]</sup> *Doshas* primarily involved are *kapha* and *vata* in these diseases. In all three conditions, the basic line of treatment involved is *dipana*, *pachana*, *ama soshana*, *ama nirharana* and *srotosodhana*. On analysing the formulation, it is observed that this *yoga* is unique in its way due to its *rasa panchaka* and *dosha karma* (action on vitiated *doshas*) capable enough to break the *samprapti* (pathogenesis) of *jawara*, *swasa* and *kasa*. This *yoga* predominantly improves the digestive capacity, causes *chedana* of *kapha* and removes the obstruction in the *srotas* caused by the vitiated *doshas* (channels) leading to the normal physiological functions of the *srotas*. *Kapha vata samana*, *ushna virya* and *vatanulomana* properties of the ingredients alleviate *swasa* and *kasa* as it helps to regain the *anuloma gati* of *prana vayu* (removes *avarana* of *vata* by *kapha*) which is being obstructed by *doshas* before. The mineral components involved in this *yoga* include *suddha parada* and *suddha gandhaka*. The *Kajjali*, a black sulphide of mercury is used as the basic ingredient in this formulation. *Kajjali* is the end product of the trituration of *suddha parada* and *suddha gandhaka* without using any *drava dravya* (liquid) and is converted into very soft powder just like collyrium. With suitable *sahapana* and *anupana*, the *kajjali* is capable of curing all types of diseases. Its judicious use with other herbs or metals pacifies all three humours (*tridosahara*), increases *sukla dhathu* (*vrishya*) immediately spreads in the body when consumed, clears the obstructed channels in the diseased targeted organ and enhances the properties of other metal or herbal drugs (*yogavahi*).<sup>[29]</sup> *Vatsanabha* is included in *visha varga* as per *Rasasastra* classics. This potent drug also possesses *yogavahi* property and is generally used in the preparation of formulations which is targeted in the respiratory system as it has *phuphusa sothaghna* property. As per the opinion of many *rasa vaidyas*, the use of *suddha vatsanabha* in the initial stages of pleurisy and pneumonia will help to prevent the further progression of the disease. It helps to bring

down the body temperature in fever. The presence of these ingredients potentiates the other constituents in this *yoga* which ultimately results in the alleviation of disease if used properly considering *roga bala*, *rogi bala* etc. The general dosage of *suddha vatsanabha* for internal administration is 8 to 16mg. Considering the judicious use of *vatsanabha*, the proportion of *suddha vatsanabha* in this *yoga* is given as 1/16<sup>th</sup> of the total quantity.<sup>[30]</sup> Pharmacological activities like antipyretic, analgesic, anti-inflammatory, antioxidant, cytoprotective, antimicrobial and immunomodulatory actions of the ingredients which are already proven, claim the probable synergetic action of this formulation in diseases like *jawara*, *swasa*, *kasa* and *sula*. *Jambeera swarasa* which is used as *bhavana dravya*, itself possesses anti-inflammatory and anti-infective properties.

This formulation is widely in use by Ayurvedic Practitioners in Kerala as it is found to be very effective in treating fever associated with respiratory diseases like pneumonia, influenza, bronchitis, fever with headache, fever with asthmatic cough and fever with myalgia. The specific indications like *swasa*, *kasa* and *mahajwara* make this formulation a wonder drug in the management of novel corona virus in which most of the patients experience fever, cough, fatigue, anorexia, shortness of breath and non-specific symptoms like nasal congestion, headache etc. Expert clinicians administer this medicine usually along with *Ardraka swarasa*, *Amritharishta*, and *Dasamula katutraya kashaya* according to the conditions of the patients since specific *anupanas* are not mentioned in the *yoga*. Suitable *anupanas* like *swarasas*, *kashayas*, *arishtas* and *asavas* can be selected based on the predominant symptoms in fevers of viral or seasonal origin. As the name indicates, this *yoga* eradicates diseases just like the rays of the sun melt ice. This medicine can be administered with suitable *sahapanas* too as per the *yukti* of the clinician. Honey might be the best vehicle for the administration in the case of children to avoid palatability issues.

The second *yoga* of *Suryaprabha gulika* mentioned in *udara chikitsa prakarana* of *Rasaratna samuchaya* contains 45 ingredients. The mineral drugs in the *yoga* constitute *abhraka bhasma* (incinerated mica), *suddha gandhaka*, *suddha parada*, *saindhava lavana* (rock salt), *sauvarchala lavana* (sochal salt), *bida lavana* (black salt), *romaka lavana* (sambar salt) and *samudra lavana* (sea salt). *Abhraka bhasma* possesses properties like madhura rasa, snigdha guna, ushna virya, dipana, ruchya and ayushya.<sup>[31]</sup> Lavanas are generally *snigdha*, *ushna*, *tikshna*, and dipaniyatama in nature.<sup>[32]</sup> The ingredients such as *amalaki*, *harithaki*, *vibheethaki*, *sunti*, *pippali*, *maricha*, *suddha parada*, *suddha gandhaka* and *suddha vatsanabha* are common with *yoga* mentioned in *Sahasrayogam*. *Gorochana* is the only drug of

animal origin present in this *yoga* which possesses properties like *tikta rasa*, *ruksha guna*, *ruchya*, *pachana* and *visha alakshmi graha unmada garbhasravahara*.<sup>[33]</sup> *Kshara dwaya* in the *yoga* includes *sarjakshara* and *yavakshara*. *Visha dwandwa* mentioned in the *yoga* comprises *suddha vatsanabha* and *suddha sarpavisha*. *Vahni* and *brahmi beeja* mentioned in this *yoga* is considered to be *suddha bhallathaka* and *palasha beeja* as per *rasa vaidyas*. The use of *suddha chithraka* should be ensured during the preparation. *Jatyadi pushpashtaka* contributes flowers of 8 herbal medicines such as *jati* (*Jasminum officinale*), *yutha* (*Jasminum auriculatum*), *kshudra yutha* (*Jasminum multiflorum*), *bakula* (*Mimusops elengi*), *champaka* (*Magnolia champaca*), *kadamba* (*Neolamarckia cadamba*), *naga champa* (*Plumeria pudica*) and *rajamalli* (*Caesalpinia pulcherrima*). There are differences of opinion regarding the botanical source of these flowers. The basic ingredient is *kajjali* and the general method of preparation includes trituration of *kajjali* with other ingredients taken in equal quantities in *vatari taila* (*eranda taila*) and pills are rolled accordingly. As per the opinions of *rasa vaidyas*, the average weight of *gulika* can be 500mg. It possesses *krishna varna*, *lavana rasa*, *kinchit kashthuri gandha* and can be administered with *ushnajala* as *anupana*. The majority of the ingredients are carminative in nature and *bhavana* of ingredients in *eranda taila* imparts *tikshna ushna gunas* and *srotosodhana* properties to the formulation. Hence aims to improve the *agni bala* and facilitate *virechana* (laxative) which is the primary line of management involved in *udara chikitsa*.

The third *yoga* of *Suryaprabha gulika* mentioned in *rajyakshma prakarana* of *Yogaratanakara* is also a herbal-mineral combination comprising 44 ingredients. The mineral ingredients present in *yoga* include *lavanatraya* (*saindhava*, *sauvarchala* and *bida*), *suddha silajathu*, *loha bhasma* and *makshika bhasma*. One *karsha* each of *darvi*, *sunti*, *pippali*, *maricha*, *vidanga*, *suddha chithraka*, *vacha*, *peetha*, *karanja*, *amritha*, *devahwa*, *ativisha*, *trivrut*, *katuka*, *kusthumburu*, *karavi*, *sarjakshara*, *yavakshara*, three salts, *gajapippali*, *chavya*, *pushkara*, *talisa*, *kanamula*, *pushkarajata*, *bhunimba*, *bharngi*, *padmaka*, *jeera*, *kosha*, *kutaja*, *danti* and *bhadra* should be finely powdered. Here *vacha* is mentioned twice. Then five *palas* each of purified *silajathu* (*Asphaltum punjabinum*) and *guggulu* (*oleo-gum resin of Commiphora mukul*), two *palas* each of properly formed *loha bhasma* and *makshika bhasma*, five *palas* of sugar, one *pala* each of *vamshi*, *twak*, *ela* and *patra* are added together to form a homogenous mixture and made into electuary using honey and ghee and pills of one *suvarna* (*aksha*) which is approximately 12g measure made out of it. This pill named '*Suryaprabha gulika*' came to light from the

lotus-like mouth of Lord Brahma. It cures *sosha*, *kasa*, *urakshata*, *tamaka swasa*, *pandu*, *kamala*, *gulma*, *vidradi*, *parswasula*, *udara*, *krimi*, *kushta*, *arsas*, *vishamajwara*, *grahani* and *muthraghata*. After taking this one pill regularly, one should happily take the desired food. There is no more beneficial drug for men in the three worlds. This pill is like a lion for subduing an elephant like roused sexual passion of amorous women. This formulation promotes *dhathu poshana* from *rasa dhathu* till *sukra dhathu* by its *sukshma* and *srotosodhana* property which corresponds to the probable mode of action of this *yoga* in pathological conditions.

The fourth *yoga* of *Suryaprabha vati* mentioned in *sula prakarana* of *Yogaratanakara* is almost similar to the *yoga* mentioned in *Sahasrayogam* as it contains certain common ingredients such as *sunti*, *pippali*, *maricha*, *suddha hingu* and *suddha vatsanabha*. In addition to that, *granthi*, *vacha*, *agni* and two *jaranas* are mentioned. *Jarana dwaya* includes *jeeraka* and *krishna jeeraka*. This *yoga* is purely herbal. The powders of the ingredients in equal quantities should be macerated separately with the juices of *nimbu* and *ardraka* and then pills of *maricha* size be prepared with it. This formulation is advised to be administered in the morning with lukewarm water. This cures eight types of colic instantaneously. This *yoga* might be useful in the painful conditions involved in gastric and duodenal ulcers.

The fifth *yoga* of *Suryaprabha gulika* mentioned in *vata vyadhi prakarana* of *Brihat Rasaraja Sundara* contains 65 ingredients which include both drugs of herbal and mineral origin. One *pala* each of *suddha chithraka*, *amalaki*, *harithaki*, *vibheethaki*, *nimba*, *madhuyashti*, *varanga*, *nagakesara*, *yavani*, *amlavetasa*, *bhunimba*, *darvi*, *ela*, *musta*, *parpataka*, *suddha tutha*, *katuka*, *bharngi*, *chavya*, *padmaka*, *dipyaka*, *pippali*, *maricha*, *danti*, *sati*, *sunti*, *pushkara*, *vidanga*, *pippalimula*, *jeeraka*, *devadaru*, *tejopatra*, *kutaja*, *rasna*, *duralabha*, *amritha*, *trivrut*, *lata*, *kashthuri*, *suddha bhallathaka*, *talisa*, *vrikshamla*, *lavanatraya*, *dhanyaka*, *ajamoda*, *karavi*, *swarna makshika bhasma*, *jatiphala*, *tugaksheeri*, *vajigandha*, *dadima*, *kankola*, *usheera*, *sarjakshara*, *yavakshara* and *renuka* should be finely powdered. 8 *palas* of *suddha silajathu*, 2 *palas* of *suddha guggulu* and 8 *palas* of *loha bhasma* should be added to the above-mentioned homogenous mixture and pills are made out of it using required quantities of sugar, ghee and honey. This formulation is indicated in a wide range of diseases which includes *vatarogas* and *rogas* about *rakthavaha srotas*. Consumption of this *yoga* in *panitala matra* promotes longevity and cures all *vatika*, *paithika*, *kaphaja*, *dwidoshaja* and *sannipathika vikaras*. As the name suggests, this *yoga* alleviates all diseases similar to the sun turning darkness into light. The same *yoga* is

available in *vatavyadhi prakarana* of *Brihat Nighantu Ratnakara* also.<sup>[34]</sup>

## Conclusion

*Rasayogas* in *Ayurveda* have a wide range of therapeutic utility and exhibit fast action even in small doses. *Suryaprabha gulika* is a herbo-mineral formulation having pharmacological actions in multisystem activity in a spectrum of diseases. With proper *anupana*, this formulation can be recommended safely and effectively in a variety of pathological conditions. Different *yogas* of *Suryaprabha gulika* can be utilised judiciously in the treatment considering the conditions of the patients. The *yoga* of *Suryaprabha gulika* mentioned in *Sahasrayogam* is widely used by *Ayurveda* practitioners as it is presently available and used as a drug of choice in patients with symptoms of respiratory tract predominantly associated with fever. All the five *yogas* mentioned in different classics are primarily srotosodhana in nature hence capable of alleviating the diseases and useful in personalised health care too. Further research works are encouraged to explore various pharmacological activities of the different *yogas* of *Suryaprabha gulika* which are critical to address many of the fatal diseases.

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